

# How to Change Your Drinking:

a Harm Reduction Guide to Alcohol (2nd Ed)

by

Kenneth Anderson, MA, Preface by Alan Marlatt, Introduction by Patt Denning

**Harm reduction** is the single most effective approach to drug and alcohol problems because harm reduction uses pragmatic, evidence-based strategies that work. This book is the first comprehensive compilation of harm reduction strategies aimed specifically at people who drink alcohol. Whether your goal is safer drinking, reduced drinking, or quitting alcohol altogether, this is the book for you. It contains a large and detailed selection of harm reduction tools and strategies which you can choose from to build your own individualized alcohol harm reduction program. There are many practical exercises to help people change their behaviors, including risk-ranking worksheets, drinking charts, goal choice worksheets, and many more. There are also innumerable practical tips from folks who "have been there" and have turned their drinking habits around for the better. This book exemplifies the harm reduction principles of "meeting people where they are at" and encouraging people to change in ways which they choose for themselves. This book can either be used as a self-help manual for people working on their own or by people who are participating in a harm reduction support group.

**About the Author:** Kenneth Anderson is the founder and CEO of The HAMS Harm Reduction Network, a free-of-charge, lay-led, support and informational group for anyone who wants to change their drinking habits for the better.

**About HAMS:** The letters H, A, M, S stand for Harm reduction, Alcohol abstinence and Moderation Support. HAMS is a clearinghouse of practical, evidence-based harm reduction information and support for people who drink alcohol.

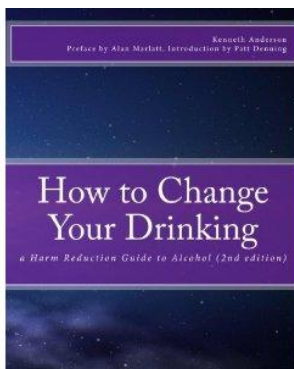
**Stanton Peele**, Author of *The Diseasing of America*, says, "HAMS is for the large majority of substance users who have problems who remain unserved by our current Alice In Wonderland approaches. The often unacknowledged, majority."

**ForeWord Digital Reviews** says, "*How to Change Your Drinking* will appeal to a vast audience and serves as a useful guide for clinicians, educators, families, and anyone who drinks alcohol. This volume undergirds the foundation that connects the harm reduction philosophy to alcohol and alcoholism."

**The Midwest Book Review** says, "*How to Change Your Drinking* is a useful read for anyone who wants to bring their alcohol consumption under their control."

**Reviewers on Amazon said:** "This book offers practical tools ... supported by well-organized, clearly summarized research results and sound medical information. For anyone concerned with an alcohol or any substance use problem (individuals, family, friends, or counselors), this is not just a 'must read', but an essential toolkit and invaluable resource."

"I would recommend this product to anyone who has considered utilizing harm reduction as an approach to either moderate or abstain from drinking."



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